

March 2003

Update Information for Guide to Choosing a Nursing Home

Please note since the printing of this booklet in April 2002, the following changes have been made:

Page 10

The second paragraph beginning with “For information...” should read:
For information about community services, call your local Area Agency on Aging. You can get the telephone number of your local Area Agency on Aging by looking at www.aoa.gov on the web. Select “Elders and Families.” Then select “How to Find Help.” Next select “State and Area Agencies on Aging.” Or, you can call the Eldercare Locator at 1-800-677-1116 (weekdays 9:00 a.m. to 8:00 p.m. Eastern time) for your local Area Agency on Aging telephone number.

Page 16

The second bullet should read:
Call your Area Agency on Aging. Their telephone number should be listed in your local telephone directory. This agency can give you information about the nursing homes in your area. You can get the telephone number of your local Area Agency on Agency by looking at www.aoa.gov on the web. Select “About AoA and the Aging Network.” Then select “Area Agencies on Aging.”

Pages 16-17

The second paragraph under Step 2, and following bullets should read:
You can now use “Nursing Home Compare” to find quality information for nursing homes in all 50 States, the District of Columbia, and some U.S. Territories. The quality information includes:

- **The Percentage of Residents With Loss of Ability in Basic Daily Tasks** since their need for help was last assessed, like; 1) feeding oneself, 2) moving from one chair to another, 3) changing positions while in bed, and 4) going to the bathroom alone.
- **The Percentage of Residents with Pressure (Bed) Sores.** These are usually caused by constant pressure such as lying or sitting in one position for a very long time.

- **The Percentage of Residents with Pain.** This is very bad pain that happens everyday, over the last 7 days, and is very bad or moderate.
- **The Percentage of Residents with Infections.** These include pneumonia, wound infections, urinary tract or a bladder infection.
- **The Percentage of Residents in Physical Restraints.** Physical restraints are any device that keeps a resident from moving freely, like ankle restraints, special types of vests, or chairs with lap trays.
- **The Percentage of Short-Stay Residents** (residents who stay for less than 90 days) **Who Walk as Well or Better**, on day 14 than on day 5 of their stay or who maintained independent walking. Improvement in walking is an increase in a resident's ability to walk with little or no help at all.
- **The Percentage of Short-Stay Residents with Pain.**
- **The Percentage of Short-Stay Residents with Delirium**, which is a mix of short-term problems with focusing or shifting attention, being confused and not being aware of one's surroundings. These symptoms may appear suddenly and can be reversible. (Note that delirium is not "senility," which is more about learning and memory problems.)

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The last bullet should read:

- Quality measures for each Medicare or Medicaid certified nursing home.

Pages 55-57

Telephone number changes:

Alaska State Health Insurance Assistance Program (907) 269-3680

Arkansas Long-Term Care Ombudsman (501) 682-8952

Arkansas State Survey Agency (800) 582-4887

Connecticut State Medical Assistance Office (860) 424-4908

Connecticut State Health Insurance Assistance Program (860) 424-5745

Delaware State Survey Agency (302) 577-6661

Delaware State Medical Assistance Office (302) 577-4900

Indiana Long-Term Care Ombudsman (317) 232-7000

Indiana State Medical Assistance Office (800) 622-4932

Indiana State Health Insurance Assistance Program (317) 232-5299

Maine State Survey Agency (207) 287-9300

Michigan Long-Term Care Ombudsman (866) 485-9393
Michigan State Survey Agency (517) 241-4712
Nebraska State Survey Agency (402) 471-0316
New Hampshire State Medical Assistance Office (603) 271-4344
New Mexico Long-Term Care Ombudsman (505) 255-0971
New Mexico State Survey Agency (505) 476-9025
Ohio State Survey Agency (614) 752-9524
Oklahoma State Survey Agency (800) 747-8419
Puerto Rico State Medical Assistance Office (787) 765-1230
Texas Long-Term Care Ombudsman (800) 252-9240
Virgin Islands State Medical Assistance Office (787) 765-1230
Washington DC Long-Term Care Ombudsman (800) 424-2277

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